

Date: _____

Day: _____

*"Exceptional thinkers ignore their critics and go about their business making history."
- John Eliot*

Good Habits/Activities to Maintain:

Spiritual: ☐

Physical: ☐

Mental: ☐

Economic: ☐

Emotional: ☐

General: ☐

Total Score for Today: ____ /+6

I ended the day in positive, negative or neutral?

-1 0 +1

Bad Habit to Overcome:

Did You Resist The Bad Habit?

YES NO

Self Reflection

Productivity:

1 2 3 4 5
 6 7 8 9 10

Mood:

  

Today I am Thankful For:

Today I Am Proud of:

Today's Note: